

**A**fter Mom's stroke I didn't know who to turn to for help. She wanted to stay in her own home, but I just didn't know how she could manage on her own anymore. The *Senior Advocacy Care Team* and the transitional care program planning process provided solutions for all the care she needed: nursing, therapy, and even a home health aide. I stopped worrying and the end result is wonderful. My Mother is so happy and safe.



**I**'ve lived in the same home for most of my life and I couldn't bear the thought of leaving. Thanks to my *Senior Advocacy* nurses and therapists, I can continue to stay there!

**Mederi**  
**CAREtenders**  
Excellence Through Senior Advocacy

**Fairview Heights**  
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**Breese**  
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**Mount Vernon**  
phone: 618-242-3516  
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*Serving the following counties:*  
**Bond, Calhoun, Clay, Clinton,  
Effingham, Fayette, Franklin,  
Greene, Hamilton, Jefferson,  
Jersey, Macoupin, Madison,  
Marion, Monroe, Montgomery,  
Perry, Randolph, Saline, St. Clair,  
Washington and Wayne**



Almost 60 years, Home Health agencies provide services to all persons without regard to race, color, creed, national origin, handicap, or age.

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**MY SENIOR ADVOCACY  
CARE TEAM HELPS ME  
STAY THAT WAY.**

**Service Core For:** Bond  
Calhoun  
Clay  
Clinton  
Effingham  
Fayette  
Franklin  
Greene  
Hamilton  
Jefferson  
Jersey  
Macoupin  
Madison  
Marion  
Monroe  
Montgomery  
Perry  
Randolph  
Saline  
St. Clair  
Washington  
Wayne

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**REMAINING  
INDEPENDENT IS  
IMPORTANT TO ME.**

## SENIOR CARE ADVOCACY REDEFINING THE ART OF CARING

Redefining the art of caring starts with our *Senior Advocacy* mission. It's why we are America's home care leader. A clinical team looks beyond the obvious to help you realize your fullest potential. Simply put, we are your advocate. It's our mission to support your physical and emotional well-being; to provide excellent care, support, and education to you and your family; and to help you retain your independence wherever you call home. If you are faced with a new diagnosis, recent surgery, short-term condition, or are suffering with the challenges of a long-term illness, we can help.

## OUR FOCUS ON EXCELLENCE

- ◆ A Tradition of Caring for over 30 years
- ◆ Recognized Leader in Home Care Industry
- ◆ Advanced Training
- ◆ Specialized Services and Programs
- ◆ Complex Care Management
- ◆ Disease Management
- ◆ Medicare Certification



## MEDICARE CERTIFIED HOME CARE SERVICES

Whether you need short- or long-term care, we can provide assistance. We work in conjunction with your physician to develop a plan of treatment that covers:

- ◆ Recovery
- ◆ Rehabilitation
- ◆ Disease Management
- ◆ Care Management: Coordination of complex medical issues.
- Skilled Nursing – Registered Nurse
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Dietician and Nutritional Consultations
- Medical Social Services
- Home Health Aides



## IS HOME CARE THE ANSWER?

As people age, changes in their abilities are often gradual and subtle. A new diagnosis, recent hospitalization, surgery, or illness may require skilled care at home to help promote recovery and regain independence. It can be difficult for families and care providers to know when a loved one may need help with their daily activities. This simple checklist may help you or someone you care about determine if you may benefit from our services:

- ☐ Recent falls or a fear of falling – feeling unsteady, dizzy, or weak
- ☐ Recent hospitalization or surgery
- ☐ New medication or dosage change – taking three or more prescription medications a day
- ☐ Suffering from diabetes, heart failure, or respiratory conditions
- ☐ Signs of depression, forgetfulness, dementia
- ☐ Difficulty walking, bathing, or grooming
- ☐ Changes in appetite or weight loss
- ☐ Swelling in feet and ankles with weight gain
- ☐ Concerns of safety for medical reasons





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### Mission Statement

We are *Senior Advocates* committed to providing health care that looks beyond the obvious needs of seniors enabling them to live in their homes as long as possible.



## Emergency Department Referral Goals

- ❖ Assess and intervene early
- ❖ Use home care for short term, acute interventions
- ❖ Catch issues that may prevent hospitalizations
- ❖ Use our home health team to assess, reinforce, and implement the physicians plan of care

Contact us at: 618.242.3516

Fax Referrals to: 618.242.3617

### Eligibility for Medicare

- Considerable and taxing effort to leave home
- Intermittent, skilled need for nursing or therapy
- Change in status (medication change, hospitalization, new diagnoses, or exacerbation)
- Knowledge deficit or complex care management
- Physician must establish, review, and approve care



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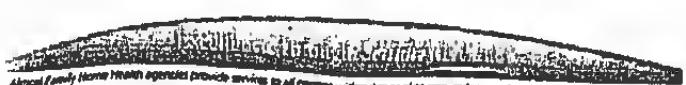
## Identify Seniors with Home Care Needs From The Emergency Department

### TRIGGERS

- ❖ Medication changes or new medications
- ❖ New treatment modalities or oxygen
- ❖ Patient/Family indicating anxiety or confusion
- ❖ Need for nursing assessment during acute illness at home
- ❖ Late-day calls or waning week-night/weekend observation
- ❖ New diagnoses teaching and support
- ❖ Multiple disease states with a complex treatment plan
- ❖ Concerns about coping or compliance
- ❖ Dizziness or falls reported
- ❖ Lives alone

### OBSERVATIONS

- ❖ Neglect of personal hygiene
- ❖ Signs of depression, dementia, or mental changes
- ❖ Observed weight loss, loss of appetite, or difficulty with eating
- ❖ Disease management issues with diabetes, CHF, or other chronic conditions
- ❖ Concerns about:
  - ◆ Safety at home
  - ◆ Management of medications
  - ◆ Following medical care plan
  - ◆ Someone to check on them
  - ◆ Challenges with mobility
    - Slow or shuffled gait
    - Difficulty standing or sitting



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